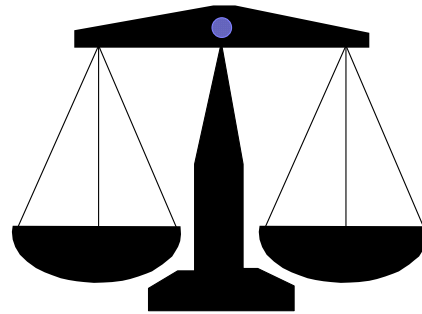


creating Balance in Your Life

Module 14



Objectives

At the end of this module, you will be able to:

Identify attitude and role adjustments associated with your career or life change.

Identify ways to build resistance to stress.

Allocate time to create balance in your life.





Update your ICLP.

Identify specific actions for the next 3 and 6 months.

Review follow-on support.

Identify tips for future success.

Create Balance in Your Life

JOB	COMMUNITY	FAMILY / HOME	PERSONAL
			

Family Attitude and Role Adjustments

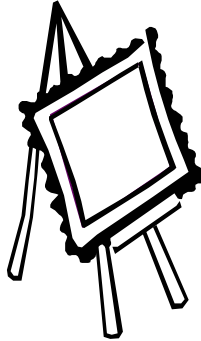
Family members want to feel needed, involved, and included

Family councils provide opportunities for joint decision making and exchange of feedback

Your plan should be a shared family goal



Lifestyle Buffer



Good nutrition

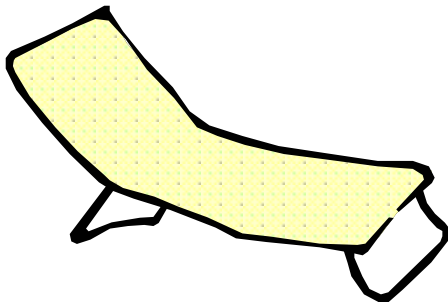
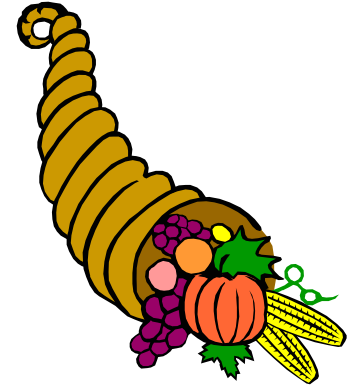
Exercise

Rest

Play

Hobbies

Spiritual beliefs and
practices



ICLP Update Exercise Steps

To update your business plan:

Review your short and long-term goals; make changes if needed

Review your objectives; make changes if needed

Review your individual growth and wellness plan; make changes if needed

Review your sources of help

15 minutes

ICLP Update

Exercise Steps (cont'd.)

Action planning to achieve your goals:

Write your name and “3 month action plan” on two of the cards; include your phone number.

Write your name and “6 month action plan” on the other two cards; include your phone number.

Review your ICLP, focusing on ONE goal

List the actions you will take in 3 months

List the actions you will take in 6 months

7 minutes



Change Happens!!!

Regularly review your action plans
and the marketplace.



Follow-On Support

A counselor

Each other

Small “buddy” group

A job club

Spouse Professional Association

Spouse Groups

Important Tips for Success

